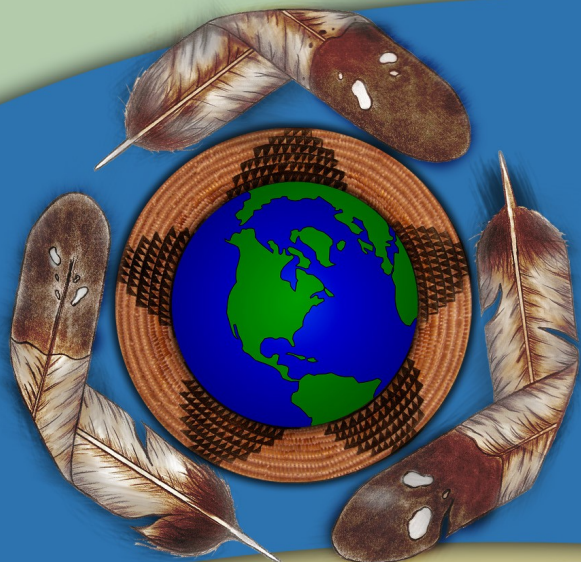


Soboba Band of Luiseño Indians

Vol. 12 | Fall | 2012

Inside this issue

- Reduce Food Waste
- Energy Saving Ideas
- Saving Water in the Bathroom
- The Water Cycle



Cham Tema

“Our Land”

Soboba Tribal Environmental Department

The Soboba Band of Luiseño Indians' Tribal Environmental Department is committed to protecting, restoring, and enhancing natural resources on the Soboba Reservation for all Tribal Members: past, present, and future.



Printed on 100% Recycled Paper

Reduce Food Waste in 5 Easy Steps



The U.S. generates more than 34 million tons of food waste each year, according to the EPA. Even better than composting your food waste, the best way to lighten your kitchen's impact on the planet is to stop waste at its source.

confusion about “sell-by” labels. Almost always, “sell-by” dates tell retailers when they should stop displaying goods on shelves. Wary of foodborne illnesses, many shoppers are quick to throw items away after this date. But if stored properly, goods are often safe for several more days. “Even if the [sell-by] date expires during home storage, a product should be safe, wholesome and of good quality if handled properly and kept at 40 degrees or below,” said the USDA Food Safety and Inspection Service (FSIS).

Consult their handy home storage chart (http://www.fsis.usda.gov/fact_sheets/Food_Product_Dating/index.asp) to make the most of your perishables and get answers to all your food-safety questions. When it comes to “expiration” and “use-by” dates, use your senses before throwing something away. If food looks, smells and tastes normal, it should be safe to use even if the expiration date has passed. But once it starts developing these characteristics, it's time to throw it out, the FSIS said.

4. Finish the leftovers

A half-eaten casserole isn't always the most appetizing meal option. So, try giving your leftovers a facelift to make them seem a bit more appealing to the family. Toss leftovers like roasted meats, vegetable sides and cooked pastas into a Crockpot for soups or stews. Wrap last night's dinner up with some eggs in a breakfast burrito. Or make a sandwich using your Friday fish-fry.

5. Store it smarter

Storing your food properly is the No. 1 way to reduce spoilage in your kitchen. Always store perishables in an airtight container, and know when to move foods from the fridge to the freezer. Always freeze meats that you don't plan to use within two or three days. Make sure meat is patted dry and placed in an airtight container before freezing to reduce the risk of freezer burn. If you don't plan to use fresh vegetables or fruits within the next week, you should also consider freezing to prevent them from going to waste.

For more information, visit

<http://earth911.com/news/2012/02/03/reduce-food-waste-in-5-easy-steps/>

1. Start at the grocery store

If you find yourself throwing away loads of spoiled food each week, you may want to revise your shopping habits to cut back on waste. Start by taking smaller, more frequent shopping trips. Shopping a few times per week allows you to wait until perishables are used up before replenishing them, which will greatly decrease food spoilage in your fridge. To help make the most of smaller shopping trips, write up a list of the specific items you need before leaving for the grocery store. Avoid impulse buys, especially with perishable items. And try to be realistic about the amount of food you buy. Buying only what you can use in the near future will save you the hassle of cooking, freezing or preserving extra food before it spoils.

2. Use it up

When you're working with whole meats, veggies and fruits, the best way to reduce food waste is to use the whole thing. Try leaving the skin on veggies like potatoes and cucumbers, and incorporate meat bones and vegetable scraps into stocks, sauces and gravies. Save all your vegetable and meat scraps in a reusable container in the freezer until you've accumulated enough to make a large batch of stock (at least 8 cups of scraps). Use equal portions of flour and olive oil or butter to thicken your stock for gravies and sauces. Finished stocks, gravies and sauces can be stored in the freezer for up to two months.

3. Understand sell-by dates

A large amount of food is wasted due to customer



Energy Saving Ideas

Even though we are past the heat of the summer, we can all still save on our energy bills. Through the fall and winter we tend to use more lighting, and the best way to save on lighting expenses are new bulbs! Compact fluorescent bulbs use 60% less energy and last up to 10 times longer than old incandescent bulbs. If every American replaced just one bulb with a compact fluorescent, we would save enough energy to light 2.5 million homes for one year. That is a lot of savings in one small package.



Another great idea is to check into solar power. There are tax incentives for using solar power to reduce your energy consumption. Even just converting your hot water to

solar energy could save some money. You can check with Grid Alternatives for some ideas (www.gridalternatives.com) and if qualified, financial assistance may be available for offsetting costs

of converting.



An easy idea for energy savings is to change your thermostat setting. The standard suggestion is to set the winter temperature at 68 degrees. But both the gas and the electric company will tell you that changing the setting by even two degrees lower will show you a savings on your monthly bill.



Last but not least, don't forget the easiest solution of all; if you're not using it, turn it off. If possible, also unplug it. By turning off unnecessary lights and unplugging small appliances or electronics when not in use, you could save up to 4 dollars per day. Over a year's time, that can really add up.

Interested in learning more about energy? Come visit The Environmental Department's Energy Fair October 25, 2012 from 2-5 pm at the Tribal Hall.

Saving Water with a Bathroom Mini-Makeover



Bathrooms are the largest water users in the home, accounting for more than half of all the water that families use indoors. If you are planning to remodel your bathroom or one of the fixtures needs

to be replaced, plumbing fixtures are available in a wide variety of colors, models, and prices to help you save water and money.

Advances in plumbing technology and design mean that faucets, showers, and toilets can use significantly less water than standard models while still delivering the rinse, spray, and flush you expect. Just look for the WaterSense label to find them. EPA requires third-party testing and certification for all products bearing the WaterSense label, ensuring they meet EPA criteria.

Why save water? Because it's our most precious natural resource, and because at least two-thirds of the United States have experienced or are



bracing for local, regional, or statewide water shortages.

Changes we make at home will add up quickly in neighborhoods across the country. If one in every 10 American homes upgrades a full bathroom with WaterSense labeled fixtures, we could save about 74 billion gallons of water and about \$1.6 billion on our utility bills nationwide per year.



At home, you could save:

- 7,000 gallons of water annually, enough to wash 6 months worth of laundry
- 200 kilowatt-hours of electricity annually, enough to run a refrigerator for 2 months
- \$80 in utility bills annually, enough that the fixtures will pay for themselves in as little as 2 years

To learn more, check out:

<http://www.epa.gov/watersense/pubs/bathroom.html>



If you have any questions on information in the newsletter or any other environmental concerns contact:

Soboba Tribal Environmental Department

Erica Helms-Schenk
Environmental Director
(951) 654-5544 ext 4129
ehelms@soboba-nsn.gov

23906 Soboba Rd
San Jacinto, CA 92583
P.O. Box 487
San Jacinto, CA 92581

The Water Cycle

Earth's water is always in movement, and the natural water cycle, also known as the hydrologic cycle, describes the continuous movement of water on, above, and below the surface of the Earth. Water is always changing states between liquid, vapor, and ice. Here are definitions for some words in the picture below.

Condensation is the process by which water vapor in the air is changed into liquid water.

Evaporation is the process by which water changes from a liquid to a gas or vapor. Studies have shown that the oceans, seas, lakes, and rivers provide nearly 90 percent of the moisture in the atmosphere via evaporation.

Evapotranspiration is defined as the water lost to the atmosphere from the ground surface, evaporation from the area near the groundwater table, and the

transpiration of groundwater by plants whose roots tap the groundwater table.

Sublimation is the conversion between the solid and the gaseous phases of matter, with no intermediate liquid stage. For those of us interested in the water cycle, sublimation is most often used to describe the process of snow and ice changing into water vapor in the air without first melting into water. The opposite of sublimation is "deposition", where water vapor changes directly into ice—such a snowflakes and frost.

Precipitation is water released from clouds in the form of rain, freezing rain, sleet, snow, or hail. It is the primary connection in the water cycle that provides for the delivery of atmospheric water to the Earth. Most precipitation falls as rain.

